



On-Going Program Weekly Schedule October 2020

Monday

11:00 a.m. Zumba Gold with Ketty
1:00 p.m. Seated Strength & Balance with Pearl

Tuesday

10:00 a.m. Muscle Conditioning with Nicole
11:00 a.m. Zumba Gold with Ketty

Wednesday

11:00 a.m. Zumba Gold with Ketty
1:00 p.m. Seated Strength & Balance with Pearl

Thursday

9:00 a.m. Meditation with Betsy
11:00 a.m. Zumba Gold with Ketty
3:00 p.m. Folk Sing-Along with Sarah

Friday

10:00 a.m. Muscle Conditioning with Nicole
11:00 a.m. Zumba Gold with Ketty